



Grocery-store sushi and two fingers of scotch in a jelly jar...



Chaz

 [cvillette](#)

<https://cvillette.livejournal.com/2008-03-12> 21:35:00

MOOD: 😞 hurt. ow.

MUSIC: Phish - Chalk Dust Torture

Horizontal fingers, sadly. But I was tempted.

I only climbed three walls tonight. Because on number two, a foothold turned when I put my weight on it, and I hit my left shoulder and arm hard, all my weight at full arm extension with the elbow locked out.

Oh. fuck, that hurts.

So I only sent one more after that, because Tasha and Daphne refused to belay for me after I got down from the third one, sat down on the floor, and started rocking back and forth in pain, whimpering and holding my arm against my chest. (Scenes from the climbing gym: this is so unexeptional behavior there that nobody even turned to look, except Bushy, who gave me his "Sucks to be you" Unsympathetic Face.)

Funny thing is, I remember when I started climbing back in 2005. Three walls would have kicked my ass. Now it feels like I didn't even finish my warmup.

Yes, Daphs. I have ice and NSAIDs. Go snuggle your spouse.



Three things!

1) Okay, O., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

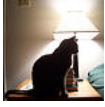
Experimental Whole Wheat Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

82 comments




 [txanne](#)

[March 13 2008, 01:56:51 UTC](#) [COLLAPSE](#)

Eeeesh. I've done that to my knee, and it's no fun at all. Slather on the arnica gel and don't push it too fast, okay?



 [cvillette](#)

[March 13 2008, 01:58:51 UTC](#) [COLLAPSE](#)

I have icepack.

Sigh.

Icepack cold.



 [txanne](#)

[March 13 2008, 02:04:18 UTC](#) [COLLAPSE](#)

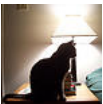
Aww, honey! ::hug:: It'll heal sooner than you think. But if you go back too soon, you'll hurt yourself worse. (I tell you this because I spent my adolescence wanting to be a ballerina, but I'm as flexible as your average elephant. I know from injuries and I don't want you pulling the dumb stuff I did.)



 [cvillette](#)

[March 13 2008, 02:13:55 UTC](#) [COLLAPSE](#)

Coyotes are remarkably durable. You should see what happens when we get on the wrong end of a jetpack.



 [txanne](#)

[March 13 2008, 03:43:00 UTC](#) [COLLAPSE](#)

::cringe:: You're not made of fail and cartoons! Just don't go running out on any invisible bridges, keh? Thanks.



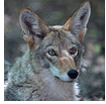
 [edg](#)

[March 13 2008, 02:20:43 UTC](#) [COLLAPSE](#)

Sympathies; I did that myself once, only the foothold snapped from its bolt under my foot. Jagged edges are sharp even through climbing shoes.

(Even worse that I took up climbing to try to conquer a fear of falling. Took me a week to get back on the wall after that.)

Best of luck with that arm, C.



 [cvillette](#)

[March 13 2008, 02:24:04 UTC](#) Edited: [March 13 2008, 02:24:36 UTC](#) [COLLAPSE](#)

Yipes. This one didn't snap, just rotated. But it wasn't a slow rotation: it was a sudden pivot. And I only had one other point of contact, because I was kicked out on the left to counterbalance while I reached right.

So ow.

Thanks.

Oh, yeah, and did I mention it was the second-last move on the forty-foot wall?

THERE WAS ADRENALINE.

And apparently, squeaking noises. Or so I am reliably informed.

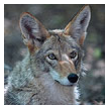


 [trollcatz](#)

[March 13 2008, 02:43:48 UTC](#) [COLLAPSE](#)

My friend, the DynoSaur. Hear him ~~roar~~ squeak.

I squeaked, too. From practically four floors below, it looked like hamburger all over the highway, man. (Which of course it wasn't going to be, but OMG EXISTENCE OF ROPE NOT A MITIGATING FACTOR IN ATAVISTIC TERROR!!!!)



 [cvillette](#)

[March 13 2008, 03:01:47 UTC](#) [COLLAPSE](#)

Yeah, well. I stuck it.



 [trollcatz](#)

[March 13 2008, 04:22:49 UTC](#) [COLLAPSE](#)

You did. And scared the pee out of the three new kids getting the tour. *g*



 [cvillette](#)

[March 13 2008, 11:41:38 UTC](#) [COLLAPSE](#)

They've gotta learn sometime!

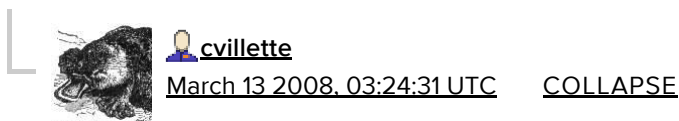


 [edg](#)

[March 13 2008, 03:15:23 UTC](#) [COLLAPSE](#)

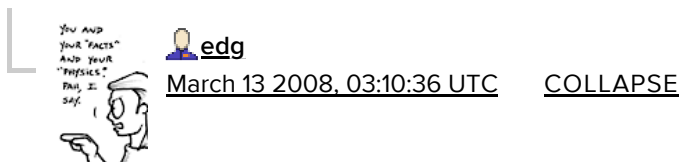
Wait, *four stories*?

I think I would have been on the floor myself if I'd witnessed that. O_O



It was more like three and a half:

https://www.earthtreksclimbing.com/images/stories/centers_images_files/rockville_by_f_vingerhoe

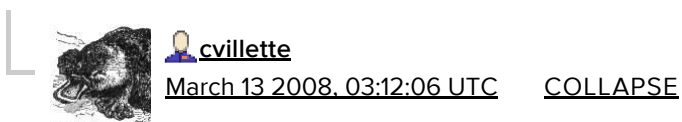


Yeow. Your poor shoulder. And elbow, and wrist, and...

I hope you can type tomorrow. :/

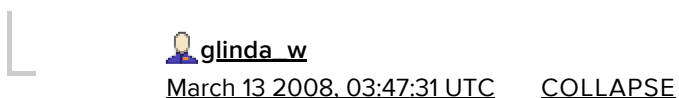
And I think you can be forgiven for the squeaking noises. Given that it's what your joints will probably be making for the next few days.

(Am I a bad person if I wonder if you hit the last move?)



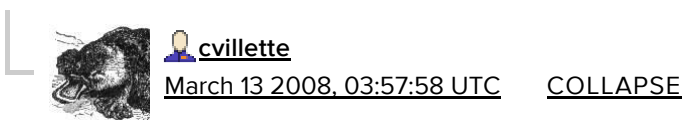
I got the on sight.

It wasn't elegant. But it's *mine all mine*.

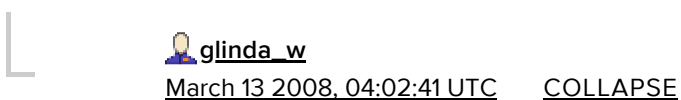


I was going to ask "What's an on sight?" but did some Googling instead.

So, it's like sight-reading music. Makes sense...



It's exactly like sight-reading music.



And that just sent my mind wandering into the whole sight-reading vs. memorization issue I have, and wondering if your brain/physical memory works the same odd way. I can sight-

read extremely well, but can't memorize music, unless there are words attached. This croggled the hell out of various teachers along the way. I never have figured out what that block is, or a way around it (not that it's an issue any more, since I'm not doing recitals or making my living as a church organist).



 [cvillette](#)

[March 13 2008, 04:09:19 UTC](#) [COLLAPSE](#)

Actually, I have a moderately eidetic memory.

But it takes me clinically forever to learn a new skill, especially a physical one. It snaps in fast once I finally get the hang of it, though.




[glinda_w](#)

[March 13 2008, 05:08:31 UTC](#) [COLLAPSE](#)

Before the CFS ate my brain, I had an excellent memory for words and images and colors and sounds, but couldn't translate that to keyboards (music, not typing - typing, I'm still fast, though not at the 100+ wpm I used to have).

I seem to have been fast at new skills, too. Weird, these brain things...



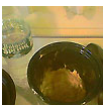
 [trollcatz](#)

[March 13 2008, 02:37:10 UTC](#) [COLLAPSE](#)

If you weighed two pounds more you would have dislocated. I swear I heard ligaments twang.

And yeah, you only sent one more, because if you hadn't covered up how much it hurt when you came down from #2, you wouldn't have gotten a belay on #3, either.

(Yes, I know. Pleased to meet you, Mr. Kettle, I'm known as "Potty" to my friends. *g*)



 [cvillette](#)

[March 13 2008, 02:39:48 UTC](#) [COLLAPSE](#)

#2 didn't hurt that much. Just the fall, and then I thought I had shaken it off, so I finished.

Besides, it was new. And just two more moves.

And I wanted the on sight.



 [trollcatz](#)

[March 13 2008, 02:47:08 UTC](#) [COLLAPSE](#)

You already have more rep for on sight than anyone else in the room.

You're cute when you're hubristic.

Planning to work on your one-handed bread-kneading technique? Or has the agony spread to the sympathetic muscle groups on the other side already? (We meat puppets are all about the balancing act of bilateral symmetry.)



 [cvillette](#)

[March 13 2008, 03:04:28 UTC](#) Edited: March 13 2008, 03:04:52 UTC [COLLAPSE](#)

I do not. There's Neal. And his 5.13.

Which I cannot even get past the halfway point on, because that dyno defeats me. It's overhung! WTF!

Actually, between the ice pack and the scotch and the [slightly offlabel] use of naproxen, nothing hurts right now.

Besides, we're making cookies tomorrow.



 [trollcatz](#)

[March 13 2008, 04:34:26 UTC](#) [COLLAPSE](#)

Platypus, coyote, gecko--now, see, for that one you need to add fruit bat to your menagerie. (Actually, it could be just "bat," but "fruit bat" sounds funnier.)

And before we make cookies tomorrow, we will go into work. Tell me now if you want me to cover for the fact that you have like a six-inch range of motion on that arm... ;>D



 [cvillette](#)

[March 13 2008, 11:37:48 UTC](#) [COLLAPSE](#)

What are you going to do? Tell Mom I'm not left-handed either?

(And I can get it over my head. I just wouldn't want to pat myself on the back this morning.)



 [cvillette](#)

[March 13 2008, 03:32:38 UTC](#) [COLLAPSE](#)

Oh, and did you wander back from belaying Steve in time to see Tasha on that yellow 5.11, with the dyno at the crux? She was doing the full gibbon up there. And she made the distance.

I mean, she couldn't stick it. It's a stupid useless vertical hold, and I think it's really a 5.12, but she made the distance.

I was like all proprietary and proud.



 [trollcatz](#)

[March 13 2008, 04:42:43 UTC](#) [COLLAPSE](#)

Heee!

If you told Tasha that, she'd prob'ly kick your ass. In a good way, though. *g*

You know, Steve on the deck begs to be beaten with the clue stick. Steve on the wall? Not so much. Has he ever dogged on the rope in his freakin' life?



 [cvillette](#)

[March 13 2008, 11:27:00 UTC](#) [COLLAPSE](#)

I think he could do enough one-handed pushups to impress the cowboy. And probably clap.

(What is the sound of a one-handed pushup clapping?)

I think he uses all of his neurons for climbing.

(Speaking of almost unheard sounds, do I detect the soft meowing of an incipient crush?)

I may be a little late to cookies, and a little early out of the office. I have to be home by 5 and for about an hour.



 [trollcatz](#)

[March 13 2008, 15:03:25 UTC](#) [COLLAPSE](#)

If there's an incipient crush involved, it's the movie-star kind. How can you have a *seeerious* crush on someone you like most when he's thirty feet away and concentrating on something else? (Okay, that's not true. But really, sometimes, clue stick! Cluestick cluestick cluestick!)

So girls who fall off 5.11s give you ideas? Better shower after, or your one true love will be jealous when you get here... ;>)



 [cvillette](#)

[March 13 2008, 15:25:20 UTC](#) Edited: [March 13 2008, 15:25:40 UTC](#) [COLLAPSE](#)

Those are the best kind of crushes to not have to explain to your SO.

Girls who fall off 5.11s give me all kinds of ideas, but those ideas take more than an hour to execute properly, unless scheduling is tight. I'm, er. Expecting a visitor. Who will probably be anything but pleased to see me. If she acknowledges my existence.

The Angry Kitteh apparently decided that baby kittens are not for nursing once their teeth are in (YEOUCH!) so the Chestbursters have been handraised for a while now and have gone on to their new home. (Apparently they were adopted together, which makes me happy.) So Angry Kitteh comes home to her fire escape today. And I wanted to be here.



 [trollcatz](#)

[March 13 2008, 15:45:13 UTC](#) [COLLAPSE](#)

You. Are. SO. [fill in blank with something positive that is of greater magnitude than "awesome" and suggests a measure of embarrassment on the speaker's part for having assumed that the motives of the person being described were purely carnal]

If it takes more than an hour for her to find and consume the chicken and thank you with a ferocious hiss, just give me a call, no prob.



 [cvillette](#)

[March 13 2008, 16:01:14 UTC](#) [COLLAPSE](#)

[Insert horrible tasteless pun regarding being able to tell the difference here. I am not actually making the pun because you would stick that letter opener in my ear socket if I did.]

Ahem.

My motives *are* often purely carnal. Just not when it comes to feeding feral cats.

Besides, Friday night is only a few short hours away.



 [trollcatz](#)

[March 13 2008, 16:13:52 UTC](#) [COLLAPSE](#)

Besides, Friday night is only a few short hours away.

About, oh, thirty of them. Are you getting complacent?

OMG you're getting OLD! Your sex drive is fading away! Soon you'll be doddering around mumbling past your gums, "Alton Brown, now THERE was a cooking show!"



 [cvillette](#)

[March 13 2008, 16:16:42 UTC](#) [COLLAPSE](#)

I have a date with a hot stove and two beautiful women tonight.

And then there's where I was last night.... and all the sympathy you get for dramatic injuries.



 [cvillette](#)

[March 13 2008, 16:18:55 UTC](#) [COLLAPSE](#)

And beyond that, it's ungentlemanly to gloat.




 [ace_cub_reportr](#)

[March 13 2008, 16:19:23 UTC](#) [COLLAPSE](#)

too late.




 [trollcatz](#)

[March 13 2008, 16:27:07 UTC](#) [COLLAPSE](#)

Two words. You've done this for a living, no fair!



 [trollcatz](#)

[March 13 2008, 16:24:36 UTC](#) [COLLAPSE](#)

You stinker. How can I shoot this rubber band at you after you said nice things in the comment above this one in response to the obnoxious things I said in the comment above that? Even if you deserve it for this comment?

Oh, god. Obviously I've read one police incident report too many.

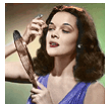


 [cvillette](#)

[March 13 2008, 16:26:04 UTC](#) [COLLAPSE](#)

Damn, I'm good.

Ow! You could not have seen me typing that from across the aisle..



 [Ometotchtli](#)

[March 13 2008, 16:26:38 UTC](#) [COLLAPSE](#)

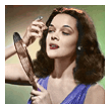
I sensed a disturbance in the force and IMed her.



 [cvillette](#)

[March 13 2008, 16:27:10 UTC](#) [COLLAPSE](#)

Oh, shit. You're monitoring my *keystrokes*?



 [Ometotchtli](#)

[March 13 2008, 16:28:29 UTC](#) [COLLAPSE](#)

Now aren't you glad you've been sending those IMs to Tasha off your phone, and not your government owned desktop machine?




 [cvillette](#)

[March 13 2008, 16:29:42 UTC](#) [COLLAPSE](#)

...



 [ace_cub_reportr](#)

[March 13 2008, 18:29:20 UTC](#) [COLLAPSE](#)

... is "yes" in Virtual Braille.




 [trollcatz](#)

[March 13 2008, 16:28:32 UTC](#) [COLLAPSE](#)

Tag-team FTW!!!!

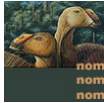


 [trollcatz](#)

[March 13 2008, 16:19:07 UTC](#) [COLLAPSE](#)

[Also, if I did that, I'd have to clean the letter opener afterward. Tidy is the whole reason for letter openers.

Hey, why am I the only person in this office who uses a letter opener? Or am I?]



 [cvillette](#)

[March 13 2008, 16:20:04 UTC](#) [COLLAPSE](#)

You are not. Mom also uses one.




 [trollcatz](#)

[March 13 2008, 16:25:32 UTC](#) [COLLAPSE](#)

perks right up

My role model. *g*



 [inaurolillium](#)

[March 13 2008, 19:40:06 UTC](#) [COLLAPSE](#)

Say hello to Angry Kitteh for me.
You're one of the Good Guys, hon.




 [cvillette](#)

[March 13 2008, 19:47:55 UTC](#) [COLLAPSE](#)

Bag Damn Cat Hero.

Don't tell the other coyotes. They laugh.



 [inaurolillium](#)

[March 13 2008, 19:53:00 UTC](#) [COLLAPSE](#)

I'm sure Charlie will sympathize, at least. But I won't. You're the only Coyote I talk to, anyway.

Hm. I had a story idea about coyotes, once. I wonder if I ever did anything with it?



 [inaurolillium](#)

[March 13 2008, 19:55:26 UTC](#) [COLLAPSE](#)

Apparently, I did. I'm not sure how I feel about it now, though.



[cvillette](#)

March 14 2008, 00:54:28 UTC

COLLAPSE

Big, even. Teach me try to type on the AOP and cross streets in traffic at the same time.

 [saoba](#)

March 13 2008, 03:14:02 UTC

COLLAPSE

I only climbed three walls tonight. Because on number two, a foothold turned when I put my weight on it, and I hit my left shoulder and arm hard, all my weight at full arm extension with the elbow locked out.

Oh. fuck, that hurts.

Dude, if you listen very carefully, far off to the west there there's a faint 'eeek!' noise trailing away on the wind. That would be me.

Not to be making Coyote Pancakes, please and thankyou.

So I only sent one more after that, because Tasha and Daphne refused to belay for me after I got down from the third one, sat down on the floor, and started rocking back and forth in pain, whimpering and holding my arm against my chest. (Scenes from the climbing gym: this is so unexeptional behavior there that nobody even turned to look, except Bushy, who gave me his "Sucks to be you" Unsympathetic Face.)

My middle aged, more than slightly arthritic left shoulder and I are making up for the lack of sympathy you got from Bushy. And good on yer climbing mates for refusing to cooperate when the adrenaline wore off and the ohfuck set in. That's why they're there.

I'd hoist a wee dram in solidarity but I think it doesn't go well with my Vicodin. Alas.



[cvillette](#)

March 13 2008, 03:16:33 UTC

Edited: March 13 2008, 03:22:00 UTC

COLLAPSE

The rope is for the prevention of coyote pancakes.

I'd say I'd take the Vicodin instead of the solidarity, but Daphne would hit me.



 [saoba](#)

March 13 2008, 03:32:13 UTC

COLLAPSE

Yay rope! Also yay people holding same!


Solidarity is meant to shared. Vicodin, not so much and then Daphne might hit *me*.

 [eljefe](#)

March 13 2008, 03:25:53 UTC COLLAPSE

Yeah, I did that once on a wall in Yosemite. Right after my first and last full body dyno. The scotch kinda surprises me, most people don't go out of their way to acquire that taste anymore. *laughs*



 cvillette

March 13 2008, 03:29:50 UTC COLLAPSE

Yeah, I remember you telling that story. Ow.

I don't think I did any permanent harm. But the arm was locked out, so I didn't have any muscle spring to take it up.

The scotch goes with the older women. Or, er. Um. What I mean to say is, I had a girlfriend in college who drank Oban.

It's like garlic. If one of you does, you both hafta.

 glinda_w

March 13 2008, 03:34:37 UTC COLLAPSE

It's like garlic. If one of you does, you both hafta.

peals of laughter

I've tried to acquire the taste for Scotch, but just can't manage it. Irish whiskey, on the other hand... mmmmm.



 txanne

March 13 2008, 03:39:48 UTC COLLAPSE

Mmmm. Scotch. I've never had Oban, but I adore Jura and Laphroaig.

 dancing_crow

March 14 2008, 22:43:57 UTC COLLAPSE

Laphroaig, which my partner calls leapfrog, is also referred to around here as philosophy in a jar

 eljefe

March 13 2008, 03:47:00 UTC COLLAPSE

You have excellent taste, sir. *grin*



 cvillette


March 13 2008, 03:57:16 UTC COLLAPSE

In women or scotch?

 eljefe

Yes.



 cvillette

March 13 2008, 04:05:44 UTC COLLAPSE

I bask in your approval, sir.



eljefe

March 13 2008, 04:07:03 UTC COLLAPSE

snorts I'm sure it's the highlight of your day. Now we know your mixing meds and alcohol.
laughs



 cvillette

March 13 2008, 04:10:06 UTC COLLAPSE

Naproxen is barely "meds."



eljefe

March 13 2008, 04:13:52 UTC COLLAPSE

True. But scotch is medicinal. *grin*



 cvillette


March 13 2008, 04:15:29 UTC COLLAPSE

Amen.



 arkstangent

March 13 2008, 13:10:33 UTC COLLAPSE

Second  eljefe. Do you have a chosen label?



 inaurolillium

March 13 2008, 04:59:22 UTC COLLAPSE

Heh. Now Scotch is one thing I won't object to you hanging on older women. I tend towards Balvenie and Glen Morangie myself.

And if ever you come out here, I'll remember to have the good stuff on hand.



 sprrhwk

March 13 2008, 05:31:14 UTC COLLAPSE


The scotch kinda surprises me, most people don't go out of their way to acquire that taste anymore.

Wait, what? If there was a memo, I think I missed it, and that's just fine by me. :-)

It's like garlic. If one of you does, you both hafta. -- Wise words, man.

"I like my whisky like I like my women: single, strong, and over the age of consent."

A friend moved away and left me a bottle of Glenlivet to finish, which was tasty, but if I were buying for myself it'd be Caol Isla or something else with a lot of character. It's a habit I can only afford in small doses right now, though.

 eljefe

March 13 2008, 03:47:00 UTC COLLAPSE

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March 13 2008, 04:01:41 UTC COLLAPSE

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[arkstangent](#)

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And if ever you come out here, I'll remember to have the good stuff on hand.



sprrwhwk

March 13 2008, 05:31:14 UTC COLLAPSE

The scotch kinda surprises me, most people don't go out of their way to acquire that taste anymore.

Wait, what? If there was a memo, I think I missed it, and that's just fine by me. :-)

It's like garlic. If one of you does, you both hafta. -- Wise words, man.

"I like my whisky like I like my women: single, strong, and over the age of consent."

A friend moved away and left me a bottle of Glenlivet to finish, which was tasty, but if I were buying for myself it'd be Caol Isla or something else with a lot of character. It's a habit I can only afford in small doses right now, though.



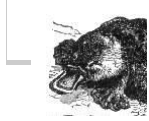
rekre8

March 13 2008, 03:42:17 UTC COLLAPSE

I haven't climbed in like 5 years . . . I think I still have a punchcard for my local gym, but I've since moved several states west, so it's no longer local. But you make me want to take it up again.

'Cause it's a good hurt.

Heal, oh gangly coyote. (or, should it be 'Heal!')



 [cvillette](#)

[March 13 2008, 04:10:58 UTC](#)

[COLLAPSE](#)

heals

or maybe that's just the naproxen....

 [calanthe-b](#)

[March 13 2008, 04:31:32 UTC](#)

[COLLAPSE](#)

I'm so glad none of my hobbies are this painful. Though you probably don't want to know about some of the muscle groups you can pull while learning basic steps. Not to mention layering...

~pats you gently on non-injured shoulder~ Take care of yourself for a bit, okay?



 [cvillette](#)

[March 13 2008, 11:38:47 UTC](#)

[COLLAPSE](#)

Layering?

This is... belly dance?

I'm all ears. (Some people would say, "Literally.")



 [calanthe-b](#)

[March 14 2008, 02:05:56 UTC](#)

Edited: [March 14 2008, 02:06:52 UTC](#)

[COLLAPSE](#)

~g~ Raks sharqui (Eastern dance), if you want to be precise.

You learn the basic movements early, which usually means before you've got the hang of maintaining isolation so that your hips and ribcage will move independently of each other (it's very simple trick, actually, commonly known as bending the knees, but it's hard to remember to do it all the time when you're just starting out). If you try to do large horizontal hip circles with your ribcage locked in line with your hips, you can do all sorts of strange damage to the muscles in between the two...which is no fun.

Yes, I speak from experience there!

'Layering' is taking a basic step and adding a second, more complex element to it so that you're doing two or more things at once. So you might do a horizontal figure-of-eight (hip movement) at a shimmy (rapid vertical hip shiver) at the same time; or a sideways travelling step and add a sink-and-rise component to each step, then a vertical hip rotation (forward circling movement) on the sinking step and

a single-sided shimmy on the rising step. Or do a hip shimmy in combination with vertical ribcage circles.

A lot of the main movements in belly dancing are actually relatively simple; it's how you combine and layer them together, and the accents and highlights you work to the music, that makes the actual dancing difficult.

Edited for tyop.



[Ometotchtli](#)

[March 13 2008, 04:44:47 UTC](#)

[COLLAPSE](#)

Sweetie, your fingers vertically are longer than a jelly jar is tall.

Though that may be the point.



[cvillette](#)

[March 13 2008, 11:31:50 UTC](#)

[COLLAPSE](#)

Only now do you begin to realize the true splendor of my master plan.



Deleted comment



[cvillette](#)

[March 13 2008, 19:43:38 UTC](#)

[COLLAPSE](#)

...u smrt. u hired.



[sprrwhwk](#)

[March 13 2008, 05:32:30 UTC](#)

[COLLAPSE](#)

Aieeee. Ow. Glad you're okay.

Three things!

1) Okay, O., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

Experimental Whole Wheat

Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning